

**2012**

**RATE COMPARISON GUIDE**

**Long-Term Care Insurance**



Dear Montana Senior:

My office developed this rate comparison guide to assist Montanans in planning for their long-term care needs. It is a valuable resource for comparing long-term care insurance prices in Montana. We expect it will answer most of the essential questions about long-term care insurance, the available options, and how it can help you pay for long-term care services. And, if you decide to ultimately purchase long-term care insurance, the information and tips provided here will save you time and help you select the policy that best meets your needs.



Monica J. Lindeen

The data featured on the comparison charts was provided by 12 long-term care insurers who completed an online survey. The rates are only applicable to Montana and are subject to change at any time. (Rates quoted in this guide are effective January 1, 2012.) The price quote you receive from a company may depend on your personal situation. Cost of premiums will vary among companies depending on a person's eligibility for coverage, age at purchase, the length of coverage and the types of benefits chosen.

*For specific information, you must contact the individual insurance companies.* The insurance companies in this guide may also offer more plans than those shown in the comparison charts. *This guide is intended to be used as an example only.* If you have additional questions, please contact my office. Knowledgeable staff is available to assist you with a wide-range of insurance issues. Call the consumer assistance hotline at 1-800-332-6148 or for more useful information visit the agency website at [www.csi.mt.gov](http://www.csi.mt.gov).

Sincerely,

A handwritten signature in cursive script that reads "Monica J. Lindeen".

Commissioner of Securities and Insurance  
Montana State Auditor

# 2012 Rate Comparison Guide: Long-Term Care Insurance

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# Shopping for Long-Term Care

## What is Long-Term Care?

Long-term care refers to a wide variety of services and supports which can be provided in your home, your community, or in other living arrangements, such as retirement communities, assisted living facilities, or nursing homes. The services help with chronic illness, disabilities, or other conditions that limit you physically or mentally. Long-term care is help you may receive with the activities of daily living such as getting dressed, eating, personal grooming, bathing or using the restroom. Most long-term care is for simple, daily activities. Beyond that, skilled nursing care is necessary.

## How much does Long-Term Care cost?

The cost will depend on the amount and type of care you need and where it is provided. Long-term care is generally financed using a combination of personal resources, Medicaid assistance, or long-term care insurance.

### Need more help?

Call the CSI Insurance Hotline  
**1-800-332-6148**

Professional consumer advocates are available to assist you on a wide-range of insurance issues.

## How would you pay for Long-Term Care services?

Long-term care services are usually paid for by one or more of the following methods:

- **Individual Out-of-Pocket**  
Individuals and their families pay less than one-third of all nursing home costs from their own funds. Generally the money is obtained from savings or investments or by selling assets, such as land or homes.
- **Medicaid**  
Medicaid pays for more than half of all nursing home care. Medicaid may also pay for some home and community-based services. To qualify, you must meet certain guidelines for income and assets. You will have to spend down or use up most of your assets before Medicaid is able to help. Many people begin paying for nursing home care with personal funds.
- **Long-Term Care Insurance**  
Long-term care insurance is designed to help pay for an individual's long-term care expenses. Depending on the plan you choose, it may pay part or all of your care. This guide will help you decide if you need a long-term care insurance policy. If you decide to purchase one, this guide provides information to select the one that will best fit your needs.

## Other ways to pay for long-term care

### Partnership Plans

The long-term care partnership program is a public-private cooperative program. Partnership Policies offer long-term care insurance which not only helps to pay for your long-term care needs, but will also help protect your assets when applying for Medicaid after the insurance benefits run out.

After depleting their insurance benefits, individuals who purchased qualifying long-term care policies may still qualify for Medicaid early, before spending down all of their assets. (Please note: Qualifying policies must be accompanied by a “Partnership Status Disclosure Notice”.)

The Long-Term Care Partnership program provides dollar for dollar asset protection. Each dollar that your Partnership policy pays out in benefits entitles you to keep a dollar of your assets if you ever need to apply for Medicaid services.

The state will disregard the policyholder’s personal assets equal to amounts paid out under a qualifying insurance policy when it determines the person’s eligibility for Medicaid assistance.

For most people, the benefits of their private Partnership insurance policy will provide all the care they will ever need. But because of this unique asset protection feature, you will not have to impoverish yourself if you run out of insurance benefits and still need care.

#### For Further Information:

See page 12 for a list of approved companies offering Long-Term Care Partnership plans in Montana.

# Menu of Long-Term Care Insurance Policy Options

Long-term care policies are not standardized. Each company sells policies that offer and combine benefits in different ways. The price you pay will be based upon the benefits you select.

When deciding what to include in your long-term care insurance policy you need to determine the following:

- How much of a daily benefit do you need? What is the average cost for assisted living and long-term care in your area?

After determining the cost of these services you can estimate what your daily benefit should be.

- How long of a benefit period do you need? Consider your family health history and your current health when determining the benefit period. For instance, does your family have a history of chronic illness? Has any family member ever been in a long-term care facility? (On average, after turning age 65, only 13% of people spend more than 2 years in a nursing home.)

- How long of an elimination period (waiting period) do you want?

The elimination period is comparable to the deductible on your insurance policies and can be 0-180 days, or longer. The longer the elimination period the lower the long-term care insurance premium. The shorter the elimination period the higher the long-term care insurance premium. Determine how long you could afford to pay for long-term care before the long-term care insurance is needed and this will help determine an elimination period.

- How much can you afford to pay out-of-pocket?

- What riders do you want to include?

There are several different long-term care insurance riders you can add for a cost to your policy:

- **Compounding Inflation Protection:** Increases your daily benefit each year by usually 3-5% depending on the policy. If you are under age 70 when you purchase the insurance you may want to consider this option.
- **Non-forfeiture benefit:** Returns at least part of the premiums if you cancel your policy or let it lapse.
- **Waiver of Premium:** Relieves the insured of paying the premiums while receiving benefits.
- **Premium refund at death:** Pays your estate any premiums you paid minus any benefits the company paid.

# How much do Long-Term Care Insurance Policies Cost in Montana?

For the purposes of this rate comparison guide, certain policy features were selected from the menu of choices featured on the previous page to determine the cost of long-term care insurance in Montana. The price you pay is based upon the coverage options you select. Because long-term care insurance policies are not standardized, our survey asked for rate quotes on two different policies offering various levels of coverage from companies licensed to sell in Montana. In order to differentiate the two policies, this guide has labeled them as *basic* and *comprehensive* policies. Basic and comprehensive policies are terms used in this guide only and are not standardized terms for long-term care insurance policies. The rates listed on the charts are average quotes; your rates may be more or less depending on your personal situation.

Please note: Rates in Montana do not vary by gender or marital status.

## Basic Policy Features

- \$200 daily benefit
- Insured pays the first 90 days (elimination period)
- Three-year benefit period
- Coverage of nursing home, home care, assisted living and community care benefits

## Comprehensive Policy Features

- \$200 daily benefit
- Insured pays the first 90 days (elimination period)
- Three-year benefit period
- Compound inflation protection of 3-5%
- Non-forfeiture benefits (if you stop paying, some of your money is returned)
- Coverage of nursing home, home care, assisted living and community care benefits

## Frequently Asked Questions

### What is an elimination period?

The policies quoted include a 90-day elimination period. This means that even though your medical professional has determined that you need long-term care services, the policy will not begin to pay for your care until you or another source pays for 90 days of care. When purchasing a policy, it is important to determine that you have enough money to pay for your care during the elimination period.

### Why should a policy cover more than nursing home care?

Research shows that a majority of people prefer to receive care in their own homes. Purchasing a policy that includes a wide-range of services allows your care wishes to be met and your caregiver to receive in-home assistance.

### How many years should I purchase coverage?

Three years is the average amount of time people use any type of long-term care service, therefore our survey asked for quotes based on a three-year benefit period. However, other options are also available, such as one year, five year, or even a lifetime benefit. The longer the benefit period you select, the higher the premium.

## Explanation of Comprehensive Policy Quotes

### Why consider a comprehensive policy?

A comprehensive policy has two additional benefits:

1. **Inflation Protection:** Increases your daily benefit by 3-5% a year;
2. **Non-forfeiture benefits:** Returns at least part of your premiums if you cancel the policy or let it lapse.

#### Inflation Protection example:

Two friends each purchase a long-term care insurance policy. Karen added inflation protection to her policy while Linda declined because of the extra cost. They each started with a \$100 daily benefit. After ten years, Karen had a \$162.89 daily benefit and Linda still only had a \$100 daily benefit.

#### Non-forfeiture Benefits example:

Karen also decided to include non-forfeiture benefits to her policy while Linda declined, again due to the added cost to her policy. After 20 years of paying on their policies, they both faced financial difficulties and could no longer afford the monthly premiums. Because Karen decided to purchase non-forfeiture benefits, she will receive some or all of the money she paid into the policy; and since Linda did not include the non-forfeiture benefits, she will get no direct monetary benefit.



# Important questions to ask when comparing policies

## **What levels of care are covered by this policy?**

- Does the policy provide benefits for skilled nursing care, personal/custodial care?

## **Where can you receive care covered under the policy?**

- Does the policy provide home care benefits, and/or care received in adult day care centers, etc?

## **How long are benefits paid and what amounts are covered?**

- How much will the policy pay for nursing home care/assisted living facility care/home care?

## **How does the policy decide when you are eligible for benefits?**

- Which benefit triggers does the policy use to determine your eligibility for benefits?

## **When do benefits start?**

- How long is the waiting period before benefits begin?

## **Does the policy have inflation protection?**

- Are benefits adjusted for inflation, do benefits increase automatically?

## **What other benefits are covered under the policy?**

- Does the policy have a non-forfeiture/return of premium/death benefit?

## **What does the policy cost?**

- What is the premium excluding riders? What is premium for home care/assisted living?

### **What to do if you are denied coverage:**

- Apply for coverage from several insurance companies.
- If you are still denied for a health reason, try again in a few years when you are healthier or have taken steps to improve your health.
- Take the yearly cost of the long-term care policy you were considering and put the money into your retirement account, other investment, or into an emergency savings account.
- Take actions with your health and do everything you possibly can to live a healthy lifestyle.

# Shopping Tips

## Do's

- Perform a personal financial audit.
- Make the purchase a family decision.
- Make a record of the sales presentation.
- ASK QUESTIONS!
- Call several agents and/or companies.
- Carefully review the benefits.
- Ask agent(s) for an outline of coverage.
- Check the insurance company's rate increase history.
- Consider compound inflation protection if you are under age 70.
- Disclose everything and fill out application thoroughly.
- Ask what the policy pays for and does not pay for.
- Ask what health conditions are not covered (i.e. Alzheimer's disease).
- Ask how eligibility for benefits is determined.
- Ask about possible policy discounts.
- Ask friends and family for agent referrals.
- Investigate the financial rating of the company.
- Ask the Montana Insurance Department (CSI) for complaints against an insurance company or agent.

## Don'ts

- Buy a policy during the first visit with an agent.
- Rely solely on what an agent might write or say.
- Be pressured by an agent.
- Buy a policy just because it is the cheapest. Under-priced policies can run a risk of rate increases and the company going bankrupt.
- Buy a policy from a company that has a history of raising premiums. Ask the company or insurance agent how many times, how much, and how often they have raised premiums.
- Confuse the meaning of "Guaranteed Renewable". This is when a policy cannot be cancelled by an insurance company and must be renewed when it expires unless benefits have been exhausted. The company cannot change the coverage or refuse to renew the coverage for other than non-payment of premiums.
- Buy more than one policy.
- Pay in cash.

# BASIC Long-Term Care Insurance

## Benefit Plan Design

- \$200 daily benefit
- Insured pays first 90 days (elimination period)
- Three-year benefit period
- Coverage of nursing home, home care, assisted living and community care benefits

### Monthly Premiums

C o m p a n y	Age 55	Age 60	Age 65	Age 70
Bankers Life and Casualty Company	\$134	\$184	\$265	\$411
Genworth Life Insurance Company	\$143	\$185	\$274	\$469
John Hancock Life Insurance Company	\$434	\$477	\$587	\$751
Massachusetts Mutual Life Insurance Company	\$ 82	\$112	\$164	\$269
MedAmerica Insurance Company	\$103	\$147	\$219	\$323
Mutual of Omaha Insurance Company	\$114	\$142	\$209	\$372
New York Life Insurance Company	\$101	\$140	\$207	\$316
Northwestern Long-Term Care Insurance Company	\$134	\$177	\$252	\$398
State Farm Mutual Auto Insurance Company	\$134	\$186	\$264	\$472
Transamerica Life Insurance Company	\$105	\$145	\$216	\$343
United of Omaha Life Insurance Company	\$116	\$144	\$214	\$380
United Security Assurance Company of Pennsylvania	\$141	\$160	\$234	\$347
<b>Average Monthly Premium</b>	<b>\$145</b>	<b>\$183</b>	<b>\$259</b>	<b>\$404</b>

*Please Note: The above premium rates reflect surveys completed by the insurers and only those insurers who chose to respond to the survey are included.*

# COMPREHENSIVE Long-Term Care Insurance

## Benefit Plan Design

- \$200 daily benefit
- Insured pays first 90 days (elimination period)
- Three-year benefit period
- Compound inflation protection of 3 - 5%
- Non-forfeiture benefits
- Coverage of nursing home, home care, assisted living and community care benefits

### Monthly Premiums

C o m p a n y	Age 55	Age 60	Age 65	Age 70
Bankers Life and Casualty Company	\$523	\$592	\$711	\$921
Genworth Life Insurance Company	\$373	\$449	\$597	\$883
John Hancock Life Insurance Company	\$460	\$506	\$622	\$796
Massachusetts Mutual Life Insurance Company	\$237	\$289	\$367	\$514
MedAmerica Insurance Company	\$320	\$385	\$479	\$599
Mutual of Omaha Insurance Company	\$256	\$308	\$423	\$637
New York Life Insurance Company	\$328	\$397	\$510	\$678
Northwestern Long-Term Care Insurance Company	\$462	\$528	\$647	\$873
State Farm Mutual Auto Insurance Company	\$416	\$438	\$520	\$771
Transamerica Life Insurance Company	\$340	\$418	\$535	\$703
United of Omaha Life Insurance Company	\$261	\$314	\$431	\$650
United Security Assurance Company of Pennsylvania	\$317	\$366	\$506	\$707
<b>Average Monthly Premium</b>	<b>\$358</b>	<b>\$416</b>	<b>\$529</b>	<b>\$728</b>

*Please Note: The above premium rates reflect surveys completed by the insurers and only those insurers who chose to respond to the survey are included.*

## Consumer Contacts for Participating Insurance Companies

Bankers Life and Casualty Company	Customer Service	www.bankers.com	800-231-9150
Genworth Life Insurance Company	Steve Atkins	Steve.Atkins@genworth.com	804-662-2299
John Hancock Life Insurance Company	Customer Service	johnhancockltc.com/individual/ltc-looking-for-more-information.aspx	800-377-7311
Massachusetts Mutual Life Insurance Company	Charles Gray	www.massmutual.com	413-744-1514
MedAmerica Insurance Company	Customer Service	customerservice@medamericaltc.com	800-544-0327
Mutual of Omaha	Customer Service	www.mutualofomaha.com	800-775-6000
New York Life Insurance Company	Marryjo Ortiz	mortiz3@newyorklifeltc.com	512-344-5809
Northwestern Long-Term Care Insurance Company	Chris Cox	chriscox@northwesternmutual.com	800-890-6704
State Farm Mutual Auto Insurance Co.	Contact local State Farm agent	www.statefarm.com	866-855-1212
Transamerica Life Insurance Company	Carroll Golden	Carroll.Golden@transamerica.com	817-285-3451
United of Omaha Life Insurance Company	Customer Service	www.mutualofomaha.com	800-775-6000
United Security Assurance Company of Pennsylvania	Denise McFadden	dmcfadden@usa-cal.com	800-872-3044

## Long-Term Care Insurance Companies with Partnership Endorsements approved in Montana (*December 2011*)

American General Life Insurance Company	<a href="http://www.americangeneral.com">www.americangeneral.com</a>
Bankers Life and Casualty Company	<a href="http://www.bankers.com">www.bankers.com</a>
Genworth Life Insurance Company	<a href="http://www.genworth.com">www.genworth.com</a>
John Hancock Life Insurance Company (USA)	<a href="http://www.johnhancock.com">www.johnhancock.com</a>
Massachusetts Mutual Life Insurance Company	<a href="http://www.massmutual.com">www.massmutual.com</a>
MedAmerica Insurance Company	<a href="http://www.medamericaltc.com">www.medamericaltc.com</a>
Mutual of Omaha Insurance Company	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>
New York Life Insurance Company	<a href="http://www.newyorklife.com">www.newyorklife.com</a>
Prudential Insurance Company of America	<a href="http://www.prudential.com/lifeinsurance">www.prudential.com/lifeinsurance</a>
Transamerica Life Insurance Company	<a href="http://www.transamerica.com">www.transamerica.com</a>
United of Omaha	<a href="http://www.mutualofomaha.com">www.mutualofomaha.com</a>

### Compare Insurance Rates Online

The Montana Commissioner of Securities & Insurance website also provides quick and easy rate comparisons for auto, homeowners, Medicare supplements, and long-term care insurance.

[www.csi.mt.gov](http://www.csi.mt.gov)

## NOTES

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## **CONTACT US**

**Monica J. Lindeen**  
Commissioner of Securities & Insurance  
Montana State Auditor

840 Helena Avenue  
Helena, MT 59601

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### **CONSUMER HOTLINE**

**1-800-332-6148**  
**In Helena: 444-2040**

Fax: 406-444-3497  
TDD Phone: 406-444-3246  
E-mail: [csi@mt.gov](mailto:csi@mt.gov)

**[www.csi.mt.gov](http://www.csi.mt.gov)**